

Bang

拍數: 96 牆數: 2 級數: Phrased High Intermediate
編舞者: Rhoda Lai (CAN) - September 2014
音樂: Bang Bang - Jessie J, Ariana Grande & Nicki Minaj



Intro: Starts on vocal (2 counts)

Sequence: ABB ABB A A(32) TAG BBBB

Part A: 64 counts (Always facing 12:00)

S1: □R Side Touch, L Side Touch, Shoulder Pop RLRL

12 step R to the side, touch L next to R
34 step L to the side, touch R next to L
5678 pop shoulders sideway to R, L, R, L □ □ □ □ □ □ (12:00)

S2: □¼ L Lean Back, Hold, Lean Forward, Hold, Lean Back, Lean Forward, Lean Back, R Flick

12 turn ¼ L lean body back transferring weight onto R, hold (Optional - raising R hand lasso)
34 lean forward transferring weight onto L, hold (Optional - dropping R hand lasso)
56 lean back transferring weight onto R, lean forward transferring weight onto L
(Optional -robotic arms up and down)
78 lean back transferring weight onto R, lean forward taking weight onto L while flicking R
 backward □ (9:00)

S3: □R Kick Step, L Back Rock Recover, L Kick Step, R Glide X2 (Stanky legs)

1234 kick R foot forward, step R next to L, rock back L, recover onto R
56 kick L foot forward, step L next to R
7&8& (glide R foot back while bending left knee, glide R foot towards centre) x 2 □ □ (9:00)

S4: □R Jazz Box ¼ R Cross, ¼ L, ½ L, Hop L Twice Turning ¼ L

1234 cross R over L, ¼ R step back L, step R to the side, cross L over R
56 ¼ L stepping back on R, ½ L stepping L fwd
78 hop onto L twice while turning ¼ L □ □ □ □ □ □ □ □ (12:00)

S5: □R Side, Hold, L Back Recover, L Side, Hold, R Back Recover, R Side Hold

12&3 step R to the side, hold, rock L backward, recover onto R
45&6 step L to the side, hold, rock R backward, recover onto L
78 step R to the side, hold □ □ □ □ □ □ □ □ (12:00)

S6: □L Cross, Hold, R Side-Recover-Cross, Hold, ¼ R, ½ R, ¼ R, Hold

12&34 cross L over R, hold, rock R to the side, recover onto L, cross R over L
5&678 hold, ¼ R stepping back on L, ½ R stepping R fwd, ¼ R stepping L to the side, hold □ (12:00)

S7: □ Travelling Heel Splits R, Travelling Heel Splits L

1234 with knee slightly bent and feet apart, bring heels in and apart and slightly move to the R
5678 repeat the heel splits but travel to the L with the ending weight on L
(optional: straighten up your body and transfer weight to L while flicking R backward on count 8) (12:00)

S8: □ Run RLRL, Booty shakes or Shimmy

1234 walk around a circle with ¼ L turn each stepping onto RLRL
5678 shake booty or shoulder shimmy over 4 counts □ □ □ □ □ □ (12:00)

Part B: 32 counts (2-wall)

S1: □R Stomp x2, R Kick-ball-side, Drag R and Shimmy

12 stomp R twice to the side
3&4 kick R forward, step R beside L, step a big step to L
56 drag R towards L
78 shimmy □ over 2 counts □□□□□□□□(12:00)

S2: □ Stomp L ¼ R x2, L Kick-ball-side, Drag L and Chest Pop

12 (stomp L forward and make ¼ R turn) twice
3&4 kick L forward, step L beside R, step a big step to R
56 drag L towards R
78 chest pop x2 □□□□□□□□(6:00)

S3: □ R Hitch, R Side-Rock-Cross, L Side rock, L Forward rock, Hold

12&3 R hitch, rock R to the side, recover onto L, cross R over L
45678 rock L to the side, recover onto R, rock forward L, recover onto R, hold □□□(6:00)

S4: □ L Back Rock, L Step Pivot ½ R, ½ R, Body Roll

12 rock back L, Recover onto R
345 step forward L, pivot ½ R, ½ R stepping L next to R
678 body roll from lower body to upper body □□□□□□(6:00)

TAG - Jazz Box

1234 cross R over L, step back L, step R to the side, Step L next to R

Ending: Stomp R to the side and raise your right arm up when you hit the last drum.

Hope you enjoy the dance!

Contact rhoda_eddie@yahoo.ca - 1(647) 295-3833 - www.laidance.net

Last Update – 21st October 2014
